

MOVEMENTS

<u>FAST</u>	<u>SLOW</u>	<u>SHAPES</u>		<u>APPEARANCE</u>	
hurry	creep	flat	round	dotted	stout
run	crawl	domed	curved	freckled	wide
scamper	plod	wavy	scrolled	rigid	narrow
skip	slouch	globular	rolled	spotted	overloaded
scramble	lumber	scalloped	ruffled	blotched	congested
dart	tiptoe	frilled	crimped	wrinkled	cluttered
spring	bend	crinkled	flared	patterned	crowded
spin	amble	oval	conical	mottled	jammed
sprint	saunter	cylindrical	tubular	flowery	packed
stride	loiter	hollow	rotund	striped	squeezed
streak	stray	chubby	portly	bright	bruised
propel	edge	fat	swollen	clear	tied
trot	sneak	lumpy	clustered	shiny	stretched
gallop	stagger	clustered	padded	glowing	tall
drive	lope	tufted	top-heavy	glossy	erect
dash	canter	pendulous	jutting	shimmering	lean
bolt	waddle	irregular	proportioned	fluid	slender
careen	drag	angular	triangular	sparkling	supple
rush	sway	rectangular	hexagonal	iridescent	lithe
race	soar	octagonal	square	glassy	lively
zoom	lift	pyramidal	tapering	flashy	muscular
zip	drift	branching	twiggy	glazed	sturdy
ram	droop	split	broken	sheer	robust
speed	heave	spindly	skinny	transparent	stolid
chase		thin	wiry	translucent	hardy
hurl		shapely	winged	opaque	strong
swat		shapeless		muddy	healthy
flick				grimy	frail
whisk				young	fragile
rip				drab	pale
shove				dingy	pasty
swerve				dull	sickly
smash				dark	small
drop				dismal	tiny
plummet				rotted	miniature
bounce				old	timid
dive				used	shy
swoop				worn	fearful
plunge				untidy	apprehensive
swing				shabby	tearful
plunge				messy	nervous
swing				chintzy	frightened
fly				cheap	terrified
sail				ugly	hysterical
				ramshackle	wild
				tired	bold
				exhausted	dramatic
				arid	tantalizing